



how to do

diaphragmatic breathing

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Diaphragmatic breathing is such a good tool to feel your pelvic floor move, to release tension in your body, to settle down your nervous system, and so much more.

In order to do this, we need a few things to happen in our body:

- Ribs have to move to allow the diaphragm to drop down during the inhale phase.
- Belly has to “let go” and expand with the inhale.
- Pelvic floor has to lengthen + lower with each breath in.

If you're ready, give this a try:

- lay on your back (with a cushion or two under your hips if you'd like) and place one hand on your chest and the other on your belly.
- gently + slowly inhale (don't try to breathe too deeply right away).
- can you feel your belly gently fill?
- move one hand to the side of your ribs; can you feel your ribs expand under your hand?
- think about your pelvic floor; can you feel it let go, relax, unclench?

Here are a few things to keep in mind:

Be patient with yourself, especially if this feels hard or if your belly is sucking in as your inhale (instead of the opposite).

If this makes you feel more stressed or anxious, please don't let it - this is simply a skill that can be learned.

You are breathing just fine and your very existence is proof of that, so there is nothing "wrong" with you if diaphragmatic breathing doesn't feel natural right away.